Olive Leaf Extract

A SUMMARY OF THE CURRENT RESEARCH

Olive Leaf extract (OLE) is derived from the olive leaf and contains a wide variety of compounds and biophenols which work synergistically to deliver a multitude of therapeutic actions,[1,2] The two most prominent biophenols found in olive leaf extract are oleuropein and hydroxytyrosol which research relates most commonly to its health benefits.
OLE compounds work synergistically to deliver a multitude of therapeutic actions

HEART HEALTH

- A 2008 paper assessed the effects of olive leaf extract to reduce blood pressure in borderline hypertensive monozygotic twins. Results confirmed the anti-hypertensive and lipid-lowering effects of olive leaf extract.[3]
- A 2014 double-blind, placebo controlled cross-over human dietary intervention trial evaluated the effects of regularly consuming a combination of olive leaf, green coffee bean and beetroot extracts on blood pressure, arterial compliance, blood lipids, blood glucose and insulin sensitivity.[4] Results showed that there was no significant effect on any outcome measures tested.
- A randomised controlled trial published in 2017 has demonstrated that phenolic-rich olive leaf extract had hypotensive and lipid-lowering effects.[5]
- Olive leaf extract has also been shown to improve vascular function in human research.[6]

ANTIMICROBIAL AND ANTIVIRAL ACTIVITY

- **In vitro and animal studies show that olive leaf extract has some potential activity against the influenza virus.[7]**
- **Research suggests that olive leaf extract may reduce the infectivity and inhibit the replication of viruses that cause colds, influenza and lower respiratory tract infections – further clinical trials in humans are needed to validate these findings.[7]**
- **Olive leaf extract has been shown to stimulate phagocytosis – which may enhance the body's response to a viral infection.[7]**
- **Gargling olive leaf tea may alleviate symptoms of a sore throat – potentially due to a reduction of inflammation and viral infectivity.[7]**

ANTIOXIDANT ACTIVITY

- In 2007, published research showed that olive leaf extract had one of the highest free radical scavenging activities of 55 medicinal herbs tested, including green tea and milk thistle.[8]
- In vitro and animal studies have also demonstrated that oleuropein, one of the key biophenols found in olive leaf extract, acts to reduce Low-Density Lipoprotein (LDL) oxidation.[9,10]

OLIVE LEAF AND THE METABOLIC SYNDROME

- **Olive polyphenols have convincing evidence (in dietary intervention trials) of reducing risk factors for metabolic syndrome, by improving blood sugar and blood pressure control, and in reducing LDL oxidation.[11]**
- **Supplementation with olive leaf polyphenols on for twelve weeks significantly improved insulin sensitivity, pancreatic ß-cell secretory capacity and cardiovascular risk factors in overweight middle-aged men at risk of metabolic syndrome.[12]**

It must be noted that overall, there is limited research related to the health attributes of olive leaf extract in humans. There is also an absence of systematic literature reviews.

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